

AND THE OSCARS GO TO ... {pages 13-14}

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Monday, February 25, 2013

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# NYC'S 5 DEADLIEST INDUSTRIES

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► Metro looks at some of the most perilous jobs in the city and the people who perform them ► A total of 71 were killed last year in work-related accidents ► A little perspective on your job stress {page 02}

PLUS GRANDERSON FRACTURES ARM

{page 27}





# And you thought your job would be the death of you

► In the last year alone, 71 city workers died in NYC ► Highest number recorded since 2009 ► From electrocution to dynamite, it's all in a day's work for these pros

PHOTOS BY MILES DIXON/METRO AND THE MTA

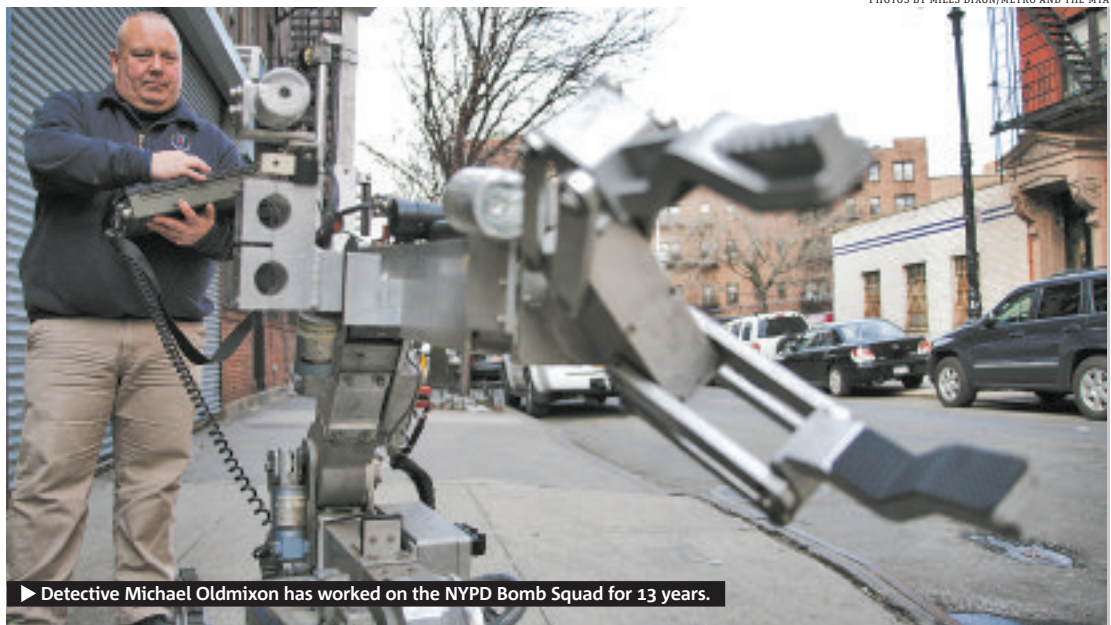
Running a city as large and dynamic as New York comes with a cost — sometimes that's in the form of physical injury or in the worst cases, even death. The U.S. Bureau of Labor Statistics reported in December that 71 New York City workers died on the job in 2011, the highest number since 2009. At the top of the most dangerous industries for workers were jobs in trade, transportation and utilities, followed by construction and government.

Metro examined five of the jobs where the threat of injury looms large.

In 29 years of maintaining the third rail on the subway for the MTA, New Jersey resident Richard Holley said he has known one co-worker who was electrocuted and another who was struck by a train. "It happens infrequently now because of all the safety regulations put in place," Holley, 52, said. To ensure the third rail is powering subway cars, Holley and his colleagues work around the clock. But rubber mats and insulated gloves have not prevented the 600-volt rails from exploding and injuring workers. "You can't put enough safety precautions there as long as we're working on the rail live," Holley said.

New York cabbies often put their life at risk, from dealing with drunken passengers to being robbed. Taxi driver Key Chun Kim was beaten into a coma on Jan. 1 over a fare.

Cab driver John McDonagh said he has precautions he's learned in his years driving. He never double parks behind a car so he can pull out quickly when danger strikes. "I had a guy put a gun to my head once," McDonagh, 58, said. A native of Queens, McDonagh has been driving taxis since 1977. "Most of the problems happen at night," he said. Most challenges come from passengers who pretend to have no cash and make a run for it when the



► Detective Michael Oldmixon has worked on the NYPD Bomb Squad for 13 years.



► John McDonagh has been driving taxis for more than 30 years. He said that he takes certain precautions to lessen his chances of getting robbed.



► Sandhogs building the Second Avenue Subway line in January 2013.

## In the news

### Man killed on FDR Drive

Jason Morales, 23, was hit by a car and killed on the FDR Drive on Sunday morning.

Morales was found with severe injuries in the center lane on the northbound side of the FDR Drive at East 53rd Street. The driver who hit him remained on the scene. He blew .000 on a Breathalyzer test.

Morales was pronounced dead at Metropolitan Hospital.

He reportedly got out of his mother's car on FDR Drive between 40th and 60th streets.

► METRO/DT

## In the news

### Victim in Queens fire shot once in head

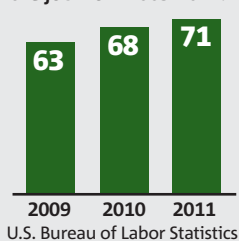
At 2:35 a.m. Sunday morning, police and firemen responded to a fire at a home in South Richmond Hills in Queens.

After the fire had been put out, police discovered a 43-year-old man with burns all over his body. He was pronounced dead at the scene by EMS personnel.

A police source reports the victim was shot once in the head. ► METRO/DT

## On the job deaths

The number of New York City workers that died on the job from 2009-2011:



cab stops. He hopes the taxi-hailing app Hailo will make his job safer as users pay beforehand.

The Sandhogs have been blasting through the city's bedrock since building the Brooklyn Bridge in 1870. They are now constructing the Second

## Quoted

**"It's not an easy job. It breaks your body down."**

COLLINS

**"I had a guy put a gun to my head once."**

MCDONAGH

to get hurt," Sandhog business manager Richard Fitzsimmons said.

Keeping New Yorkers safe puts the lives of NYPD bomb squad workers at danger as they dismantle suspicious packages, including the Times Square car bomb from 2010. Detective Michael Oldmixon, 50, has been on the bomb squad for 13 years.

"We had a guy with improvised hand grenades on him. We had to hold him down and cut all the stuff off," he said of a Bronx incident in 2002. With bomb-sensing robots and dogs, injuries are few, although the risk remains.

Being an ironworker, one of the people, who build bridges and skyscrapers is in Barry Collins'

blood.

"It's a thrilling career," Collins, 60, said. His grandfather was an ironworker in the 1920s. His father, brother and uncles followed suit. "It's not an easy job. It breaks your body down," said Collins, a longtime Yonkers resident. "Even if you don't get seriously hurt, you're always breaking fingers." Regularly moving steel pieces seven tons or heavier means fingers and toes are easily crushed. Trauma is another risk.

"A guy falls 20 feet and he breaks his leg. It's horrible," Collins said. "You go to work and you pray that everybody goes home safe."

**Evelyn Cheng**  
letters@metro.us

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Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

**If you answered YES to any of these questions, keep reading...**

## Why do knee injections often fail? What's different about our procedure?

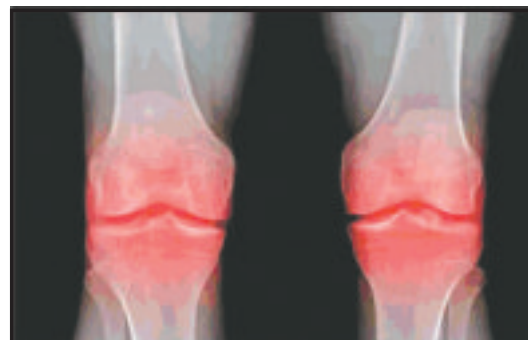
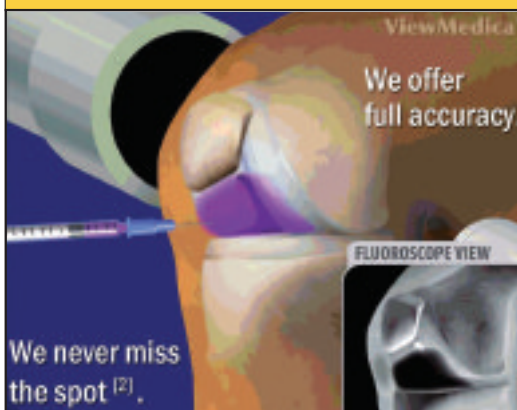
**Most doctors today do one of three things:**

- 1) They perform "blind injections" (an injection done without imaging guidance).
- 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York.
- 3) They use Cortisone, which can have side effects.

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**FACT: 30-40% of blind injections result in needle misplacement.**

<sup>[1]</sup>With this much inaccuracy, **it's no wonder most people never find relief.**



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\* Coinsurance and deductible apply.

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

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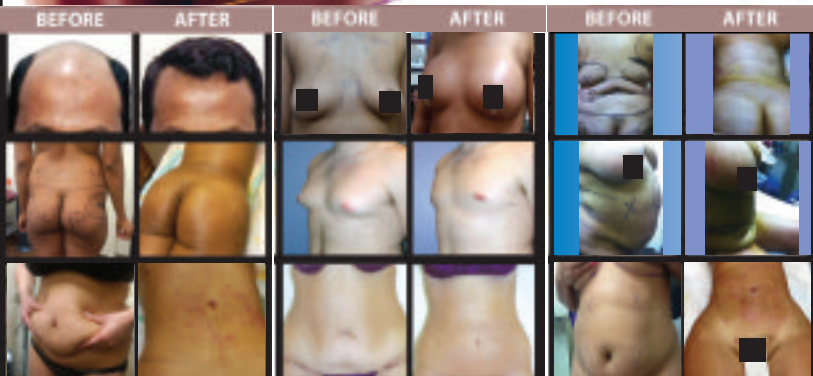
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04

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MONDAY, FEBRUARY 25, 2013

# Squeaky subway gets the grease: MTA looking at G

METRO ARCHIVE PHOTO



► The MTA will look at service on the G train.

The MTA will review the G train line, politicians said.

State Sens. Daniel Squadron and Martin Dilan said on Friday afternoon that the MTA has ordered a full review of the line, to be completed by June.

The senators sent a letter last month asking them to look into the line, similar to previous reviews of the F and the L line.

G train riders have long complained that the trains are spaced too far apart and endure multiple service disruptions.

A Riders Alliance member said that sometimes the platform gets so crowded, "I just decide to walk 20 minutes to the L train."

"G train riders spoke," Squadron said. "Now, this Full Line Review will give

## Quoted

**"The G train is often maligned, but its vitally important for residents of north Brooklyn."**

RASKIN

us real answers to lead to real changes."

"The G train is often maligned, but it's vitally important for the residents of North Brooklyn," added Riders Alliance director John Raskin.

**Alison Bowen**  
alison.bowen@metro.us

## News in brief

### Man's legs severed in train accident

An incoming D train severed a man's legs Saturday night after he stumbled onto the tracks at a Bronx subway station.

The man, who police declined to identify, fell off the southbound platform at the 161st Street-Yankee Stadium stop around 9:45 p.m. The train cut off both of his legs, per the NYPD.

The victim was taken to Lincoln Hospital, where he remains in critical condition.

● METRO/JESSE GREENSPAN

## LES. Royalty



► Johnny Bizarre celebrates after being crowned Mr. Lower East Side.

BESS ADLER/METRO

## King of the Lower East Side

Things got wild Friday at the 14th annual Mr. Lower East Side Pageant at Cake Shop on Ludlow Street. The contestants participated in a talent and swimsuit competition as well as question-and-answer session. In the end, there could only be one lucky gentleman to reign over the LES. That honor went to a neighborhood resident that goes by the handle Johnny Bizarre. ● METRO/CASSANDRA GARRISON

## News in brief

### Yellow cab kills pedestrian in Kips Bay area

A taxi was rear-ended

early Sunday in Kips Bay, Manhattan, causing it to lose control and kill a female pedestrian.

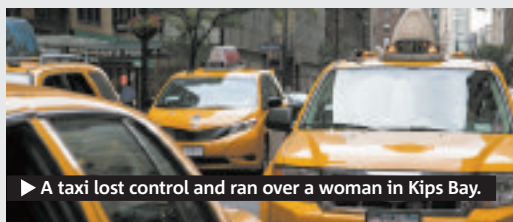
Police said a Honda sedan struck the yellow cab just before 2 a.m.

while emerging from a parking spot on Third Avenue near E. 27th Street. The taxi then apparently spun toward the sidewalk, where it hit the woman.

The victim, whom police did not immediately identify, received severe leg trauma. She was pronounced dead after being transferred to nearby Bellevue Hospital Center.

Both drivers remained at the scene, and no criminality is suspected.

● METRO/JG



► A taxi lost control and ran over a woman in Kips Bay.

GETTY IMAGES



## In the news

## Cops investigate hate crime on the 2 train

Police are investigating a man assaulted on the subway as a hate crime.

According to the police, on Monday, Feb. 18, around 6 p.m., a 23-year-old man



boarded a downtown 2 train at 125th Street and Lenox Avenue.

On the train, a woman began taking pictures of the victim and his friend, according to cops.

He asked her to stop, but the woman started saying

anti-gay slurs and verbally assaulting him, cops said.

Three men and three women then beat up the victim, according to cops.

The man and his friend fled the train at 96th Street and Broadway, and he was treated at the hospital for a cut over his left eye.

Cops described the first suspect as female, black, 20 to 22, with a light complexion and gray sweatpants.

The second is described

as a dark-skinned male, 20 to 22, 5-foot-9 and in a blue jacket.

The other four suspects are two men and two women, dark skinned in their early 20s. Anyone with info should call 800-577-TIPS. ● METRO/ALISON BOWEN

## New marathon stays within Central Park

About 500 runners gathered

Sunday morning for what organizers called the first co-ed marathon held entirely in Central Park since 1975.

The marathon course essentially comprised five loops of the park, though it skipped the hilly northernmost section. A half-marathon with roughly 1,000 participants also took place Sunday.

"It was a huge success," said David Alm, communications director for NYC RUNS,

which put on the event and plans to do so again next year. "Our race is essentially a throwback to [the original New York City Marathon]. It appeals to a certain sensibility."

The New York City Marathon stayed entirely within Central Park from 1970 to 1975, but since then has gone through all five boroughs. This past year, it was canceled because of Hurricane Sandy. ● METRO/JG

# Cop trial to spotlight violent sex subculture

The New York federal trial of accused "cannibal cop" Gilberto Valle, due to start today, will highlight an online subculture where people trade violent sexual fantasies.

Sex crimes prosecutors, First Amendment defense attorneys and sexual behaviorists said they had never heard of a conspiracy to commit a violent sexual crime that began on a website for violent sexual fantasy role-play.

"It's the perfect alibi," said former Manhattan sex crimes prosecutor Linda Fairstein, who is not involved in the Valle case, which is being prosecuted in Manhattan.

Opening arguments were expected to begin this afternoon.

Valle has pleaded not guilty to conspiring with New Jersey mechanic Michael Van Hise to kidnap, cannibalize and kill a Manhattan woman.

Valle has said he was merely engaged in online fetish role-play and never intended to commit a crime. Federal authorities contend that he took real action outside the role-play websites.

Investigators say Valle compiled an online dossier with the names — and in some cases photos or descriptions — of more than 100 women and discussed targeting some of them for kidnapping and murder.



## Quoted

"It's the perfect alibi."

FAIRSTEIN

They say he met one woman for brunch, improperly accessed a police database to get information on another and engaged in surveillance of a third — a high school senior of whom Valle wrote to a fellow fetishist that "she is the most desirable piece of meat I've ever met."

Prosecutors have also said Valle searched online for chloroform recipes so he could "knock out" a Manhattan woman and deliver her to Van Hise.

Defense attorneys for both men have said the goal of role-play is to make it as realistic as possible, enhancing the thrill.

"You draw on your real life to make it as real as possible, but it's fantasy," Van Hise's attorney Alice Fontier told a judge recently. **REUTERS**

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- ☐ Antique Jewelry
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- ☐ Platinum Jewelry

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- ☐ Mint Sets
- ☐ Paper Money (1860-1934)
- ☐ Coin Collections

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— D. Smith

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## In the news

GETTY IMAGES

Halifax Health spokesman Byron Cogdell said seven people were treated for injuries at their facility but that two who were initially listed as critical are now in a stable condition. **REUTERS**

### McCain: Hagel not qualified for defense position

WASHINGTON. Republican Sen. John McCain yesterday said his former colleague Chuck Hagel was not qualified to be U.S. defense secretary but that the Senate would likely vote on his nomination rather than hold it up with procedural hurdles.

Hagel is expected to win confirmation if a vote is held because Democrats control 55 votes in the 100-seat Senate.

"I do not believe that Chuck Hagel, who is a friend of mine, is qualified to be secretary of defense," McCain of Arizona said on CNN's "State of the Union" show. **REUTERS**

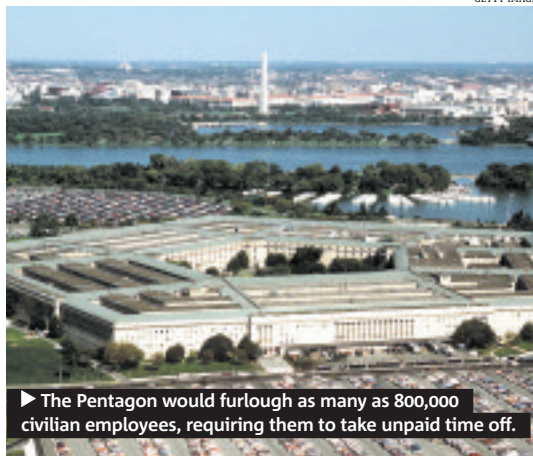
### Daytona 500 races on despite 28 injuries

DAYTONA BEACH. The Daytona 500 NASCAR race went ahead yesterday despite a crash on Saturday that injured more than 20 fans, as well as questions regarding the safety of the famous speedway and the possibility of lawsuits.

Officials said they had repaired the fencing that was damaged after the pile-up, which sent debris flying into the crowd and injuring fans on the final lap of Saturday's second-tier Nationwide race.

# Governors say spending cuts will push US back to recession

GETTY IMAGES



► The Pentagon would furlough as many as 800,000 civilian employees, requiring them to take unpaid time off.

Federal budget cuts will probably push the U.S. back into recession by damaging state economies recovering from the worst fiscal crisis since the Great Depression, governors said.

President Barack Obama and Congress need to find a way to prevent \$85 billion in across-the-board spending cuts from taking effect beginning March 1, said Republican and Democratic governors who are in Washington this weekend for a meeting of the National Governors Association.

The cuts will lead to the dismissal of teachers and firefighters, and reduce projected spending by \$1.2 trillion over the next nine years, with half in defense spending and half from domestic spending. Governors said the threat of cuts has already damaged their economies, which they said will worsen if the

### The GDP and job loss

Federal spending reductions could lower the gross domestic product by 0.6 percent and cost 750,000 jobs by the end of 2013, according to the Congressional Budget Office. The U.S. economy unexpectedly shrank in the fourth quarter, logging the worst performance since the second quarter of 2009.

## 750K

Spending reductions could cost 750,000 jobs by the end of 2013.

president and lawmakers can't agree.

"I don't think there is any doubt" that the re-

quired reductions "could put us right back where we were," Jack Markell, the Democratic governor of Delaware and the chairman of the National Governors Association, said on "Fox News Sunday." The cuts would have "a real big impact on the economy and jobs," he said.

The cuts would be especially visible in states where federal spending is higher, including Maryland, Virginia and Hawaii. In a Feb. 18 letter to Obama, Virginia Gov. Robert McDonnell, a Republican, said the reductions could force his state into a recession.

**REUTERS**

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## In the news

GETTY IMAGES



► Castro

## Fidel Castro makes surprise appearance

**HAVANA.** Retired Cuban leader Fidel Castro made a rare public appearance yesterday by joining the opening session of the National Assembly, state media reported amid speculation that the gathering could give clues on planning for a future leadership succession.

Since falling ill in 2006 and ceding the presidency to his brother, Fidel Castro has given up all official positions except as a deputy in the National Assembly. At yesterday's session, he took his seat beside brother

er President Raul Castro, only the second time he has graced the assembly chambers since his illness and the first since 2010. **REUTERS**

## Afghan president expels US forces from key province

**KABUL.** Afghan President Hamid Karzai, pictured, has given U.S. special forces two weeks to leave



a key battle-ground province after some U.S. soldiers there were found to have

tortured or even killed innocent people, the president's spokesman said yesterday.

The decision by Karzai could further complicate negotiations between the United States and Afghanistan over the presence of American troops in the country once most NATO forces leave by the end of 2014. **REUTERS**

## On final Sunday, pope says he's following God's wishes



► Pope Benedict XVI delivered his last Angelus Blessing from the window of his private apartment to thousands of pilgrims gathered in Saint Peter's Square yesterday.

GETTY IMAGES

Pope Benedict spoke from his window for the last time yesterday, telling the faithful packed into St. Peter's Square that the first papal abdication in centuries was God's will and insisting he was not "abandoning" the church.

Four days before the 85-year-old's often troubled eight-year rule ends, new talk of scandal hit the cardinals who will choose his successor; one of them, a Scottish archbishop, had to deny a media allegation of misconduct with young priests in the 1980s.

With an American cardinal urged not to go to the electoral conclave due to his role in handling sexual abuse cases in the United States and the Vatican accusing media of running smears to influence the vote, the Catholic Church faces a stormy succession.

Pope Benedict, however, defended his shocking decision to resign as dictated by his failing health; his address yesterday to tens of thousands of well-wishers was met with calls of "Viva il Papa!" **REUTERS**

## Activists petition LA cardinal

Roman Catholic activists on Saturday petitioned a U.S. cardinal to recuse himself from taking part in selecting a new pope so as not to insult survivors of

sexual abuse by priests committed while he was archbishop of Los Angeles.

The activists delivered a petition with nearly 10,000 signatures to the north Hollywood church where Cardinal Roger Mahony resides.

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# Asterisk: The symbol of pride

- ▶ Leading Native Americans in higher education take on the mark of 'statistical insignificance'
- ▶ Visibility in research and data is key

When academics generate data on race in higher education, they often include an asterisk next to the Native American category. That little mark lets researchers know the population is "statistically not significant," usually meaning roughly less than 1 percent of the student population.

In March, Stylus Publishing will release what is perhaps the most comprehensive collection of writing by Native American scholars to date: "Beyond the Asterisk: Understanding Native Students in Higher Education." With contributions from more than a dozen leading Native Americans in higher education, the new book examines the Native American college experi-

## Quoted

**"One of the things that constantly came up [for the Native American academics] was this concept of invisibility."**

SHOTTON

ence from almost every angle — from the first-year experience, to tribal colleges, to Native American Greek organizations and culturally sensitive housing.

"One of the things that constantly came up [for the Native American academics] was this concept of invisibility: in scholarship, research, data, curriculum and on the campuses," says

Heather J. Shotton, the lead editor of the book. Shotton is a professor at Oklahoma University and a member of the Wichita and Affiliated Tribes. "For us, the idea was to offer some perspective on Native students, from Native professors."

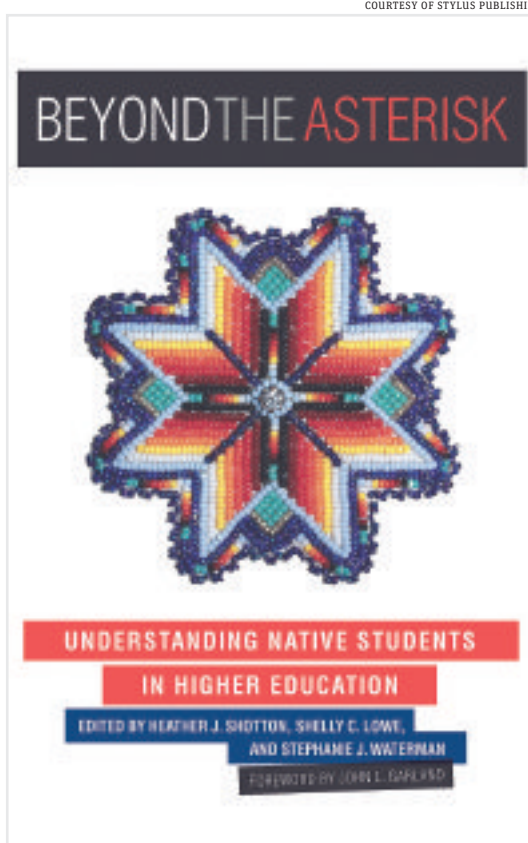
Shotton is quick to point out that the Native experience is different from other minority groups.

"I think what separates Native students is that Native people are not just a racial or ethnic group. We are also considered a political group," she says. "We are citizens of sovereign nations — tribal nations, but also citizens of the United States."



**Bruce Walsh**  
bruce.walsh@metro.us

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## Education notes

### CFPB seeks input on student loans

The Consumer Financial Protection Bureau said Thursday that it is seeking suggestions on how to develop a plan to help borrowers of private student loans find more affordable repayment options.

The U.S. consumer watchdog said it is studying the issue because millions of Americans graduate from college with huge amounts of student loan debt.

According to the CFPB, student loan borrowing has crossed the \$1 trillion mark with more than \$150 billion in private loans. A report from October 2012 found more than \$8 billion in defaulted student loan balances.

The CFPB said it is taking comments through its website until April 8 and will make the information public soon after.

REUTERS



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MARCH 20 THE CHEMISTRY OF CHOCOLATE  
RUBEN SAVIZKY

MARCH 27 ENERGY FROM WAVES AND TIDES  
JAMEEL AHMAD

APRIL 3 TISSUE ENGINEERING  
ERIC LIMA

APRIL 17 ENGINEERING FOR THE MIDDLE OF NOWHERE  
TOBY CUMBERBACH

APRIL 24 WHY BRIDGES STAND UP  
COSMAS TZAVELIS

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# What is a Coverdell savings account?

► Earnings grow tax-free ► For parents of children with special needs ► These savings accounts can help cover education costs

Coverdell education savings accounts have never really drawn headlines, even when unexpectedly saved from extinction as part of Washington's "fiscal cliff" deal.

Much like the 529 college savings programs that are familiar to many people, Coverdell ESAs are accounts where earnings grow tax-free, as long as withdrawals are used for qualified education expenses such as books, supplies or transportation.

Some differences have always kept Coverdells out of the limelight. The biggest hurdle has been that contributions could total no more than \$2,000 per year, as opposed to



► Coverdell accounts can be used for school expenses.

### By the numbers

# \$2K

The cap on yearly contributions to a Coverdell education savings account

\$24,000 or more per couple for 529s, depending on the particular plan.

The advantage to Coverdells is that the funds can be used for expenses at the elementary and secondary levels, and for special services, none of which are covered by 529s.

Paul Coverdell, the late Republican senator who championed the funds, saw them as a way to offset private-school tuition. Yet private-school fees have skyrocketed, making the \$110,000 (or \$220,000 if filing a joint return) income cap on the accounts generally too low for people who pay \$40,000 a year for kindergarten.

For parents of special-needs children, however, the accounts could be useful. While \$2,000 per year may not sound like a huge amount, it can make a difference for parents whose children may need special schooling that is not university-based and for a longer period of time.

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— Dorothy Robinson will return on Feb. 26

## 'Argo,' 'Pi' take Oscars



It was **Ben Affleck's** night as his film, "Argo," earned the top prize at the 85th Annual Academy Awards. Despite Affleck being shut out of the Best Director race, his CIA-meets-Hollywood drama snagged the top prize of Best Picture in a night of scatter-shot awards distribution. "Argo" also earned Oscars for Best Adapted Screenplay for Chris Terrio and for Best Editing. Outside of the Best Picture race, there was no movie that had a clean sweep. **Ang Lee's** "Life of Pi" came closest, earning four awards — the most of any film this year — including Best Director for Lee, while "Les Misérables" scored three. **Jennifer Lawrence** earned the only award for "Silver Linings Playbook," winning her first Oscar for Best Actress. In a rare Oscars tie, the award for Best Sound Editing was shared by "Zero Dark Thirty" and "Skyfall." For history buffs, the last time there was a tie for an Oscar was in 1968, when **Barbra Streisand** shared the award for Best Actress with **Katharine**



► Joseph Gordon-Levitt, Oscar host Seth MacFarlane and Daniel Radcliffe provided some onstage entertainment.



► Day-Lewis

**Hepburn. Daniel Day-Lewis** also made history Sunday night by becoming the first actor to win three Best Actor trophies after his win for "Lincoln."

As expected, **Michael Haneke's** "Amour" won for Best Foreign Language Film and **Anne Hathaway** earned a trophy for Best Supporting Actress for her role in "Les Misérables" as the tragic Fantine. "I look up to you all so much, and it's just been such an honor," Hathaway said, paying tribute to her fellow nominees. And **Adele** easily took the Best Song category for "Skyfall," tearing up in the middle of her speech and letting co-writer **Paul Epworth** finish up.

Awards aside, the ceremony itself was something of a mixed bag as hosted by "Family Guy" creator and Best Song nominee **Seth MacFarlane**. MacFarlane opened the show by doing the seemingly impossible: making usually dour **Tommy Lee Jones** smile and laugh. He also poked fun at other nominees — "If you bumped into **Don Cheadle** on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your Method go?" — and himself. His monologue was interrupted by **William Shatner** chastising him on-screen for doing a poor job, including singing a song about Oscar-nominated actresses going topless called

"We Saw Your Boobs."

But it was rough sailing from there, including awkward bits by **Paul Rudd** and **Melissa McCarthy** and the cast of "The Avengers." The choice to use the theme from "Jaws" to play off winners when they go long was particularly odd. One of the highlights of the ceremony was a rendition of "Goldfinger" by **Dame Shirley Bassey** during a tribute to the Bond franchise, even if it did seem too brief. Later in the show, Best Song nominee **Adele** kept the Bond love going with a stirring rendition of "Skyfall." And **Catherine Zeta-Jones** wowed the audience with "All That Jazz" from "Chicago" during a tribute to movie musicals.

### The weekend's

### other awards

**CESARS:** Friday night brought with it the Cesars, France's answer to the Academy Awards. Michael Haneke's "Amour" won Best Film, while Ben Affleck's "Argo" earned Best Foreign Film. "Amour" earned four other trophies as well, including Best Director and Original Screenplay for Haneke, Best Actor for Jean-Louis Trintignant and Best Actress for Em-

manuelle Riva, who was also nominated for an Oscar for her performance. "Rust and Bone," a surprise shut-out at the Oscars, picked up two Cesars — Best Adapted Screenplay for Jacques Audiard and Best Male Newcomer for Matthias Schoenaerts.

► **SPIRIT AWARDS:** Oscar hopeful "Silver Linings Playbook" dominated the Film Independent Spirit Awards, held Saturday afternoon in a tent on the beach in Santa Monica. "Silver Linings" nabbed the top prize,



► Lawrence

while David O. Russell won statues for best director and best screenplay, and Jennifer Lawrence won best actress. The film's stiffest competition, fellow Oscar-nominee "Beasts of the Southern Wild," earned one award, going to Ben Richardson for best cinematography. John Hawkes and Oscar nominee Helen Hunt picked up best actor and best supporting actress statues for "The Sessions," while Matthew McConaughey won best supporting actor for "Magic Mike."

► **RAZZIES:** Members of the Hollywood community with more of a sense of humor spent Oscars Eve announcing the winners of the Golden Raspberries — or Razzie — dubious awards marking the worst in cinema for the year. "The Twilight Saga: Breaking Dawn - Part 2" dominated Saturday night, earning seven awards including worst film, worst ensemble cast, worst actress for Kristen Stewart, worst supporting actor for Taylor Lautner and worst director for Bill Condon.



### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

#### @Joan\_Rivers

When I attend the Oscars I'm on the edge of my seat. Not because I'm nominated-I just don't want to catch anything from some starlet.

#### @JohnStamos

rule for actors in hollywood. only reason to go to oscars is: a. nominated b. presenting (or c. your bud is producing) thnx @neilmeron

#### @matthewperry

I want to wish Daniel Day Lewis luck today. I think he did an okay job as Lincoln, but I would have brought more layers to it.

#### @Oprah

My Hollywood day will be in pj's. Having a pj Oscar party with my girls and Stedman.



Rivers



entertainment



## Oscars red carpet

**1** Jessica Chastain glimmered in gold Armani Prive.

**2** 2010's Best Actress, Sandra Bullock, dazzled in in Elie Saab.

**3** Amy Adams revisited her "Enchanted" days in this ethereal Oscar de la Renta frock.

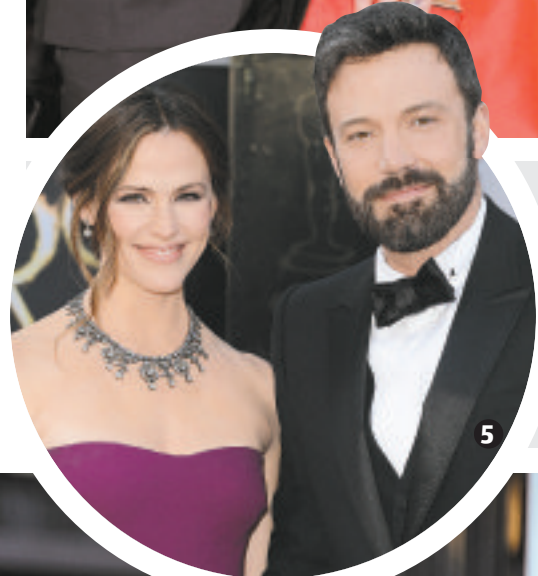
**4** A sign of affection or a hint at a baby bump?

Whatever Jen Aniston (in Valentino) and Justin Theroux were doing, they looked good doing it.

**5** Jennifer Garner wore Gucci to support hubby Ben Affleck.

**6** "I didn't know what I was wearing until about three hours ago," Anne Hathaway said of her Prada gown. Her nipples could have used a little more foresight. Just minutes after she arrived, the @annesheadlights Twitter account had been created.

1: LESTER COHEN/WIREIMAGE  
2, 5: JASON MERRITT/GETTY  
3: GEORGE PIMENTEL/GETTY  
4: MICHAEL BUCKNER/GETTY  
6: FREDERIC J. BROWN/AFP





# Expect Success!

*Preparing students for college and careers*



**N**ew York City is raising the bar to help all students succeed in today's rapidly changing world. This spring, for the first time, State reading and math tests for students in grades three to eight will be tied to the more challenging Common Core Learning Standards. These tests will be harder, but they will establish a new baseline for measuring student performance—and give parents and teachers the information they need to keep students on track for college and 21st century jobs.

This month's education insert includes answers to frequently asked questions about the Common Core, along with information on parent-teacher conferences, a scholarship program for high school seniors, and a new online service to help students enroll and succeed in college. For more information, search NYC.gov for Common Core Parent Resources.

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- NYC Parent Academy Workshops
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## NYC College Line: Know It All

Does your child need help preparing for the SAT? Do you need help applying for financial aid? You can find local programs, events and guidance on these and many other college-related topics at NYC College Line.

This first-of-its-kind web resource provides neighborhood- and city-specific resources to help students prepare for and graduate from college. The site was created by Graduate NYC!, the Department of Education, City University of New York, and the Options Center of Goddard Riverside. The service is free and is updated regularly.

NYC College Line covers everything from admissions, to financial aid, to summer internship programs for families, students and professionals. Parents and students can find local programs for SAT preparation and academic support. They can visit, join, or open an online forum about their most pressing college-related concerns. Through the “Ask an Adviser” service, families can receive rapid support from an expert in the field.

During February and March, you can apply for a \$500 scholarship or prize online.

**To get started,  
visit [NYCCollegeLine.org](http://NYCCollegeLine.org).**

## Ask Your Child’s Teacher...

Parent-teacher conferences start this week (see *Calendar* for dates). Attending is one of the best ways to stay updated about your child’s education. Here are some questions to ask your child’s teacher during the conferences and throughout the year.

- What is my child expected to learn, know, and do at this grade level? How will it be assessed?
- How are the Common Core Learning Standards being used in my child’s classroom?
- How is my child’s class work preparing him or her for college and career success?
- What kind of work should my child be doing at home to support what is taking place in the classroom?
- What does my child do well? What does my child struggle with?
- What can I do to prepare my child for the next school year?
- Does my child show a commitment to school? Is he or she attending school consistently?
- Does my child set and strive for appropriate goals?
- Does my child finish tasks even when he or she encounters setbacks?
- Does my child know his or her personal strengths?
- Does my child know the supports available to him or her?
- Is my child able to advocate on his or her own behalf?

**If you have a question related to a non-academic issue, call your child’s school and ask to speak to the parent coordinator.**

## Apply for the Janine Brawer “Gift of Life” Scholarship

High school seniors who will be attending college in the fall of 2013 are invited to apply for the Janine Brawer “Gift of Life” Scholarship.

Janine was a high school senior when she was struck by a car and killed outside of Tottenville High School in November 2009. Although just 17 years old, she chose to be an organ donor because she knew it could save lives.

To keep Janine’s memory alive and convince others to become organ donors, the Brawer family began the “Gift of Life” Scholarship. One winner receives a \$5,000 scholarship, and four runners-up receive \$2,500 scholarships.

To apply, and to learn more about the Janine Brawer Scholarship Foundation, visit the Fund for Public Schools website at [fundforpublicschools.org](http://fundforpublicschools.org).

## Nominate Your Teacher for the First Annual Big Apple Awards

Great teachers change lives. They unlock their students’ potential and put them on a path to success.

If you know an outstanding New York City public school teacher who is making a meaningful impact on the lives of students, nominate him or her for the first annual Big Apple Awards. This year, the Department of Education will recognize 10 exceptional teachers with a monetary prize and a classroom grant.

Anyone—parents, students, teachers, principals, community members—can submit a nomination for a current full-time teacher who has demonstrated success in the classroom. Finalists will be interviewed and visited in their classrooms. Awardees will be announced and honored at a celebration in June.

The deadline for nominations is March 13, 2013. To nominate your teacher, visit [NYC.gov](http://NYC.gov) and search for Big Apple Awards.





# The Common Core: Preparing Students for College and Careers

This spring, for the first time, State reading and math tests for students in grades three to eight will be tied to the Common Core Learning Standards. Tests for high school students will begin to change in the 2013-14 school year.

The Common Core standards set higher academic expectations to help students develop the skills they need to succeed in a rapidly changing world. Here are answers to some frequently asked questions about the new standards.

## What are the Common Core Learning Standards?

The standards describe what students from pre-kindergarten to twelfth grade need to learn to graduate from high school ready for college and a great career. This includes the ability to think creatively, solve real-world problems, make effective arguments, and engage in debates.

## How will State tests for students in grades three to eight change this year?

Both this year and next year, the content of the State tests in reading and math will align with the Common Core standards. Reading passages will be harder, and math problems will involve multiple steps. But the format of the tests will be similar to past years: they will include about the same number of multiple choice, short answer, and essay questions. Two years from now, the format of the State tests is expected to change, too. Tests will include more writing, and more complex and open-ended math problems.

## Will test scores change as a result of the harder tests?

This year's State tests will likely be more difficult to pass, at first. The more difficult tests will establish a new baseline for measuring student performance. This change is important. It will give teachers and parents the information they need to keep students on track for college and 21<sup>st</sup> century jobs.

### HOW YOUR CHILD'S LESSONS ARE CHANGING

#### In English Language Arts, students are:

- Reading and discussing increasing amounts of non-fiction, along with fiction
- Reading more challenging material closely
- Using evidence to make arguments in writing

#### In math, students are:

- Spending more time learning about fewer, key concepts
- Showing that they understand how and why the math works
- Applying math to real-world situations

## How will this year's test scores affect my child's ability to be promoted, or accepted to a selective school?

In past years, decisions about summer school were made based on estimates of each student's performance level on the State tests: 1, 2, 3, or 4. This year, because the tests are new, it is not clear how the State will determine performance levels. Instead, the New York City Department of Education

(DOE) will look at students' overall scores: how many questions each student got right. Students with the lowest scores will be recommended for summer school.

The number of students attending summer school is expected to be similar to last year. The students who need the most help will still receive the most support. Likewise, students who earn the highest scores—even if those scores are lower than in past years—will still have access to screened middle and high schools.

## How is the Department of Education supporting students and teachers?

The shift to the Common Core is a national challenge, and New York City schools are leading the way. Since New York State adopted the Common Core in 2010, the DOE's central staff, networks, and principals have provided teachers with extra training and instructional resources, with support from the GE Foundation and the Bill and Melinda Gates Foundation. Schools have identified thousands of teacher-leaders who are helping their colleagues align their teaching to the Common Core standards. Tens of thousands of New York City teachers, along with teachers in every state and around the world, are using the DOE's Common Core Library, an online resource that has been endorsed by the U.S. Department of Education. As a result, over the last two years, students have been doing more work that reflects the Common Core. Teachers are providing extra support to students who are struggling with the new coursework.

## How can I support my child?

One of the best ways to help your child excel is to attend parent-teacher conferences (see *Calendar* for dates). If your child is struggling with the more difficult coursework, ask his or her teachers what supports are available.

## Where can I get more information?

The DOE has developed a set of parent resources that includes information about the Common Core standards, changes to assignments, tips for talking to children about the State tests, and resources to use at home. Visit [NYC.gov](http://NYC.gov) and search for Common Core Parent Resources. The updated For Families page includes a letter from Chancellor Dennis Walcott. You can also view a recorded webinar featuring the Chancellor answering parents' questions about the Common Core standards.

**Expect Success: Preparing students for college and careers**

## NYC Parent Academy Workshop

NYC Parent Academy is dedicated to strengthening parent involvement to support student achievement in the City's 1,700 schools.



Attend the NYC Parent Academy's upcoming borough-wide workshops:

*Breakfast is served at 8:30 a.m.*

### SATURDAY, MARCH 2

9:00 a.m.-1:00 p.m.

Frederick Douglass Academy High School  
2581 Seventh Avenue, Manhattan

### SATURDAY, MARCH 9

9:00 a.m.-1:00 p.m.

I.S. 27  
11 Clove Lake Place, Staten Island

### SATURDAY, MARCH 23

9:00 a.m.-1:00 p.m.

P.S.156/I.S.392 Waverly School of the Arts  
104 Sutter Avenue, Brooklyn

### MONDAY, MARCH 25

9:00 a.m.-1:00 p.m.

New York Historical Society  
70 Central Park West, Manhattan

### SATURDAY, APRIL 6

9:00 a.m.-1:00 p.m.

Young Women's Leadership School  
150-91 87th Road, Queens

For a complete list of workshops, directions, and to register, visit [NYCParentAcademy.org](http://NYCParentAcademy.org).

## Apply to Serve on an Education Council

Are you a parent who would like to become more involved in issues surrounding public education in your community? Until March 13, you can apply to serve on a Community or Citywide Education

Council. Councils play a crucial role in shaping policy for New York City's public schools. They also provide valuable advice to officials on educational procedures and strategies. The chance to run for a seat on a district or citywide education council comes once every two years.

Parents serve a two-year term on 36 Councils throughout the city. These include the Community Education Councils, Citywide Council on High Schools, Citywide Council on English Language Learners, Citywide Council on Special Education, and the District 75 Citywide Council. The deadline for submitting your application is 11:59 p.m. on March 13.

For more information on the roles and responsibilities of the different councils and to learn how to apply for a Council seat, visit [NYCParentLeaders.org](http://NYCParentLeaders.org).



## Pre-Kindergarten: Opportunity Starts Here

Children who live in NYC and turn four years old this year are eligible for free pre-kindergarten.

**APPLY NOW** – Public school applications are due April 5, 2013.\*

**CALL: 311**  
**TEXT: prek to 877877**  
**VISIT: NYC.gov**

\*For non-public school application deadlines, please contact programs directly.

## Tune in to the Chancellor's Webinar on the Common Core and Changing State Tests

New York City Schools Chancellor Dennis Walcott will host a live web-cast on Wednesday, March 6, at 7:00 p.m. In this webinar, the Chancellor will build on his introduction to the Common Core standards in October's webinar ([www.learndoe.org/chancellor/](http://www.learndoe.org/chancellor/)) and share additional information about the new standards and changing State tests. The Chancellor will also highlight new resources for parents, including a brief video and tips on talking to children about these changes. Parents also have the opportunity to submit their questions and have some of them answered by the Chancellor.

To submit questions for the upcoming webinar, visit [www.learndoe.org/chancellor/](http://www.learndoe.org/chancellor/).

## 2013 Kindergarten Enrollment

Deadline to Apply: March 1

For information, call 311 or visit [NYC.gov](http://NYC.gov) and search for Kindergarten.

## NYC Public Schools Calendar: February–March

**WED., FEB. 27–THURS., FEB. 28**

Intermediate and junior high schools' parent-teacher conferences\*

**TUES., MAR. 12–WED., MAR. 13**

Elementary schools' parent-teacher conferences\*

**THURS., MAR. 14–FRI., MAR. 15**

High schools' parent-teacher conferences\*

**MON., MAR. 18–TUES., MAR. 19**

District 75 schools' parent-teacher conferences\*

**MON., MAR. 25–TUES., APR. 2**

Spring Recess  
Schools Closed

*\*Some schools may hold conferences on non-citywide dates. Please check your school's calendar to confirm the parent-teacher conference date.*



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ALL PHOTOS NEW MUSEUM



► Wolfgang Tillmans' "Moby Lying" is on display at the New Museum's "NYC 1993: Experimental Jet Set, Trash and No Star"

# You are old: Art exhibit on 1993

► The New Museum's new exhibit 'NYC 1993: Experimental Jet Set, Trash and No Star' encourages a dialogue with the past

Good news, everyone: Beavis and Butt-Head are 20 years old. The year 1993 began with the split of Czechoslovakia and ended (though few knew it at the time) with the murder of Brandon Teena. In between were peace attempts in the Mideast, a major LGBT march in Washington, a national health-care debate and a couple of action pics from Sylvester Stallone.

"Though it's 20 years ago, it feels like the world we're living in now," says Gary Carrion-Murayari, one of the curators of the New Museum's exhibit "NYC 1993: Experimental Jet Set, Trash and No Star" (a nod to Sonic Youth). The exhibition presents pieces that either originated out of the city's thriving art scene or debuted at one of its galleries.

Despite reminders of 20-year-old events — as seen on the 12 TVs on the fifth floor that relentlessly spin through the events of each of the year's days — the series is not about nos-



► John Currin's "Girl in Bed" is another piece on display.

## If you go

► **'NYC 1993: Experimental Jet Set, Trash and No Star'**  
Through May 26  
New Museum  
235 Bowery St.  
\$14, 212-219-1222,  
[www.newmuseum.org](http://www.newmuseum.org)

talgia. Instead it's a dialogue with the past. Though in several cases little has changed, the works show artists confronting major socio-political issues, sometimes for the first

time. Race, gender politics, homosexuality, the family, mortality, taste — all are bluntly questioned. Marlene McCarthy's "In Honor of Allen R. Schindler" pays tribute to soldiers murdered for their homosexuality, while Cheryl Donegan's video "Head" confronts the sexualization of women.

"We identified 1993 as this turning point in which there emerged a new generation separate from the one in the '80s. There were a number of exhibitions that year that broke this new generation of New

York artists to the larger world," says Carrion-Murayari. Indeed, one can see some of the first public pieces by Matthew Barney, John Currin and Sean Landers. The exhibit also features work by already established names like Cindy Sherman, Todd Haynes and Brit Derek Jarman, represented by "Blue," his filmic swan song, made when he had partially lost his sight due to AIDS-related complications. (He died the next year.)

Not all of the work was appreciated at the time. Carrion-Murayari brings up Glenn Ligon, whose work — including his amusingly conceptual "Red Portfolio" photos, on display in the exhibit — initially drew ire. Today he's hailed as a great artist. "Some works have lost their shock value," she says. "But that allows us to be more considerate and more thoughtful about what they mean."



**Matt Prigge**  
[matt.prigge@metro.us](mailto:matt.prigge@metro.us)

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## TV watch list

## 'Burning Love'

COMEDY. This smart "Bachelor" spoof gives reality TV daters the skewering they deserve. Ken Marino stars as the dolt with his pick of the litter. **Season premiere, 10 p.m., E!**

## 'How I Met Your Mother'

COMEDY. Ted, fresh from yet another breakup, gets pick-up advice from Barney. **8 p.m., CBS**

## 'Catfish: The TV Show'



► Max Joseph and Yaniv "Nev" Schulman of "Catfish: The TV Show," airing Mondays.

MTV

REALITY. It's hard to look away from this docuseries of poor shmoe getting faked out by digital romance, where love really is blind. **11 p.m., MTV**

## 'Bizarre Foods America'

REALITY. Get whisked with Andrew Zimmern across the country to sample new foods everywhere in the U.S. **9 p.m., Travel**

## 'Academy Awards Fashion Wrap'

RECAP. For those of you still reeling from last night's sartorial emotional roller coaster. **8 p.m., TV Guide** NATALIE SHURE

## A show within a show

► 'There is nothing too meta' for the new CW mystery series  
► Show follows a reporter as he uncovers the enigmatic horde of radical, cult-like fans of a hit television show called ... 'Cult'

JACK ROWAND/THE CW



► "The Cult" airs Tuesdays at 9 p.m. on The CW.

The new mystery series "Cult" follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of the rabid, cult-like fans of a hit TV show called — you guessed it — "Cult." It's about a cult with a charismatic leader named Billy Grimm, who is played by an actor named Roger Reeves, who is played, in real life, by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits. "It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and "Farscape" creator O'Bannon says he is no stranger to obsessed fans.

## Staying close to home

"Cult" marks another CW series for star Matt Davis, whose "Vampire Diaries" character, Alaric, bit the dust at the end of last season. Luckily, the network had another role in mind for him.

"I knew that they were going to write Alaric off

the show, and I called my agents to let them know that I needed to find another job. And they sent me a few scripts over the weekend, one of which was 'Cult.' And it was clearly the best one of the bunch," he says.

The producer felt the same about Davis, making him an offer for the role right away.

"The origin of the show actually did come out of my 'Farscape' experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to find each other through social media and connect up," he says. "It started me thinking, what if the show were something with a little bit darker edge, and what kind of fans would that draw?"

Multilayered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more.

"From our perspective, there is nothing too meta," O'Bannon says. "One of the things that I really got excited about was how to create a visceral experience for the audience and really try to take the glass away from between the television show and the audience, take away that control. ... I'm hoping that the audiences will go along for the ride."



Ned Ehrbar  
METRO WORLD NEWS

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► "Phaedra," one of Graham's works from the '60s, is now showing at Joyce Theater.

# 'Angels' of all kinds visit Joyce

► For Martha Graham Dance Company, challenges abound ► They rise above for their new season

If you go

► **Martha Graham Dance Company**  
 Through March 3  
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 175 Eighth Ave.  
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**Elizabeth Zimmer**  
 letters@metro.us

The Martha Graham Dance Company just can't catch a break. Finally back on its feet after years of legal turmoil, the 87-year-old troupe last year gloried in its move to the Greenwich Village studios vacated by Merce Cunningham's defunct organization, only to have its basement storage space swamped by Hurricane Sandy. Priceless sets and costumes were damaged or destroyed.

Janet Eilber, current artistic director, faces two challenges: getting the Graham classics back on stage after this crushing blow and adding new works to the repertory to

attract young audiences.

Scores of volunteers are helping by restoring the scenery, lending costumes (the ensemble will dance Graham's lovely "Diversion of Angels" in dresses belonging to American Ballet Theatre) and donating choreography, time and money. The current Joyce season includes a new Luca Veggetti piece and a preview of a work by Nacho Duato.

Program A features "The Show (Achilles Heels)," Richard Move's fantasia on themes from Homer's "Iliad." Originally commissioned by Mikhail Baryshnikov (whose voice

still lingers on the voice-over), this cheeky piece includes a game show and songs by Deborah Harry of Blondie in its Arto Lindsay score. It has its charms — notably the physiques of many nearly naked young men, a meme Move borrows from Graham herself, as well as Natasha Diamond-Walker playing a horse. And 1962's "Phaedra," not Graham's best work, also shares this program.

Program B, three vintage Graham works, is for purists; Program C includes her "Angels" and others' variations on her themes.



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# Money talks, but your energy is currency, too

Each of us has our own individual relationship to money. It starts at a young age — we pick up a financial blueprint that affects us in many ways. Some people have grown to believe in “lack” and therefore never feel they have enough. Others may have grown up to believe in abundance, and as a result money flows to them freely. But regardless of our financial background, for many folks, fear shows up in some way when it comes to money.

Our thoughts about money make us feel a certain way, and that feeling gives off an energy that either supports our earning capacity or negatively affects it. Energy is currency. In order to use our energy to earn more and have financial freedom, we need

to clean up our thoughts and beliefs.

Our fearful beliefs around money block abundance in many ways. If you want to clear those blocks, you first have to become conscious of them. Many folks dwell in a lack mentality, believing that there will never be enough. Then there are those people who place external power on money and see themselves as not good enough if they don't have a lot. Another way fear blocks our earning capacity is through the belief that there's not enough to go around. This belief system weakens your energy and therefore lessens your earning capacity.

Get honest with yourself and identify whether one or more of these fears have blocked you. Your honesty is the first step to



clearing these patterns. Throughout the day, witness your thoughts, energy and behavior around money. Take note of how your energy either supports your earning or weakens it.

Then, in the moment, you can create a perceptual shift. Immediately forgive yourself for having that thought and choose to see it differently. Choose a new thought, like “I am grateful for what I do have and I choose not to focus on my lack.” This simple shift can redirect your energy.

Another great tip for shifting your energy around money comes from Marie Forleo, entrepreneurial ex-

## Zen in the city



**GABRIELLE BERNSTEIN**

WWW.GABBYB.TV

— Gabrielle Bernstein is the author of “Spirit Junkie.”

pert and the founder of Rich Happy and Hot B-School. Forleo says: “Realize you are on this earth for a reason and the world needs that special gift that only you have. By devaluing yourself or failing to get your talent out into the world, you're stealing from those who need you most. Commit to clean up your beliefs and behavior around money and you'll be on your way to enjoy a truly rich life, inside and out.”

For more guidance on this topic and support from Forleo, visit [www.gabbyb.tv/b-school](http://www.gabbyb.tv/b-school). And if you want a full-blown mind cleanse around money, pick up my new book, “May Cause Miracles,” and pay close attention to the finance chapter.

Metro does not endorse the opinions of the author.

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## No more drama

**JONATHAN ALPERT**

WWW.JONATHANALPERT.COM

I'm often asked by friends, family and media why so many people are taking medications for stress, anxiety and depression. "Are people really that sick?" they wonder. "Are people more depressed now than they were a decade ago?" "Is life tougher?" The answer: No. People are not sicker or more depressed, and life isn't tougher. Truth be told, our society and culture are changing and we're bearing witness to an unhealthy phenomenon: the over-prescribing and misuse of medications. This trend is driven by clever pharmaceutical company advertising, incompetent



► There are ways to cope with the stresses of life that don't involve medication, Jonathan Alpert says.

STOCKBYTE

## Quoted

**"Antidepressants should be used for major depression, not when one is simply stressed or feeling down."**

ALPERT

practitioners and a desire for a quick, albeit temporary, fix. Patients are too quick to ask for medications, and doctors are too quick to prescribe them.

Every week I see new patients who are loaded up on meds thanks to their previous provider prescribing for the equivalent of a psychological snuffle. Next time you're offered mind-altering drugs as if they're Halloween candy, here's what to ask your doctor: If you didn't have a prescription pad, how would you

treat the problem? What would happen if I didn't take medication?

Antidepressants should be used for major depression with severe and persistent symptoms, not when one is simply stressed or feeling down. There are specific symptoms that need to be present to properly diagnose major depression. If this is accurately done, then medication should be a consideration for a treatment option. However, know that they are not a

panacea and not nearly as effective as medication combined with psychotherapy.

Be a good consumer and remain aware of medication's side effects, which can sometimes be as bad as or worse than the symptoms being treated. For example, a diminished sex drive and weight gain are common side effects to antidepressants. Be open to alternative treatment options and know that medications are not the be-all, end-all.

Life can be really tough. Know, however, that long before medications, people found ways to cope. Medication provides a temporary relief, lasting only as long as you continue to take it, and it doesn't provide insight or teach you skills or new ways to deal. By contrast, a good therapist will teach you how to change your thinking, balance work, life and relationships, and to be fearless rather than fearful. To learn more ways to be fearless and not rely so heavily on medications, check out my book, "BE FEARLESS: Change Your Life in 28 Days."

— Jonathan Alpert is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at [jonathan@jonathanalpert.com](mailto:jonathan@jonathanalpert.com)

Metro does not endorse the opinions of the author.

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# How to perform successfully offstage

► Didn't nab that Oscar? ► How to take your skills as a performer into a new career ► Ask for the salary you deserve ► Work smart

**M**aking the decision to jump careers is a tough one, especially when leaving a personal passion behind. Ciara Pressler, a former performer and the author of "Exit Stage Right: The Career Change Handbook for Performers," says that "if your dreams have changed, that's okay. It's time to find your next career passion. The point is to keep evolving as a person and let your career reflect that."

## What is the best way to mentally prepare for such a change?

The key is to be honest with yourself about what you want now, which may no longer be the exact same passion as when you started out. It seems daunting to navigate a career change, but there is a step-by-step process you can follow to move forward with less stress and more support.

## What are common struggles people face in making the choice to leave a performing career?

Performers don't realize the wealth of strengths and experience they bring to another role, even in a new industry. The skills and habits developed through performing can put you ahead of most job candidates, if you understand how to position yourself for your target job.

## What are the best ways to keep engaged in your field not as a performer?

Engagement is a choice. Know what motivates you to stay in the game. Create short-term goals and make a decision to approach your job with the same creativity and dedication to excellence that you brought to your performing career.

## What are mistakes people make in getting that first full-time job offstage?

Undervaluing themselves. Performers work for free too often or are paid far



► Ciara Pressler is a former performer and the author of "Exit Stage Right: The Career Change Handbook for Performers."

NOAH FECKS

## Quoted

**"Engagement is a choice. Know what motivates you to stay in the game."** PRESSLER

less than they deserve, and then they bring that baggage to the next career. It's important to establish your value through negotiating confidently, working smart over hard and maintaining a loyal network.

**Doug Smith**  
letters@metro.us

## Advice

- Get clear on whether it's time to fix your performing career, find a better support career, or change careers altogether.
- Start with your strengths, then organize your résumé and cover letter to showcase what makes you unique.
- It really is about who you know — networking and making authentic connections should be a priority.

## Q&A

### What are some resources people might not think of in NYC?

The best thing you have in New York City is access. Every industry is represented, including the top people in every field, so find out how to network with them, from conferences to seminars to courses to informational interviews.

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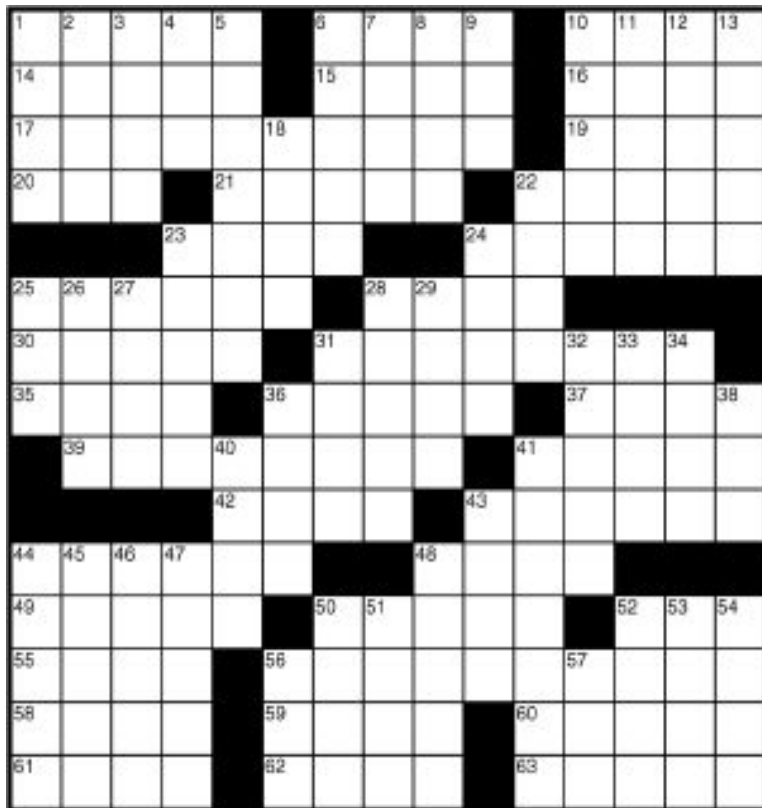
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Across

- 1 Bleached out  
6 Overhang  
10 Leave in a hurry  
14 Teed off  
15 Pack away  
16 Bone below the elbow  
17 Iridescent fly  
19 Hoods' weapons  
20 Show grief  
21 Cause  
22 Anouk of "Lola"  
23 Kind of farm  
24 Slow down  
25 Take to task  
28 Wildlife refuge  
30 Eurasian mountains  
31 Fan  
35 Drill attachments  
36 Package tour feature  
37 Circle size  
39 Hats  
41 Caesar's year  
42 Night fliers  
43 Hair-raising  
44 Hologram makers  
48 Tampa Bay 11  
49 Like a gymnast  
50 — Piaf  
52 Natural moisture  
55 Early movie vamp  
56 "Tintern Abbey" poet  
58 50-50  
59 Writer — Bagnold  
60 Not spaced-out  
61 Let use  
62 See  
63 Neighbor of Oman

Down

- 1 White lies  
2 Alice's chronicler  
3 Apply a mudpack  
4 Summer in Quebec  
5 Goes ashore  
6 Ms. Lauder  
7 Business letter abbr.  
8 Word on a battery  
9 Wool supplier  
10 Tempus — (time flies)  
11 Camel relative



- 12 Sign up  
13 Moved gingerly  
18 Ess molding  
22 Prefix for "dynamic"  
23 Major oil hub  
24 Small brook  
25 Burnish  
26 Church or Clapton  
27 Hot soak  
28 Pond blossom  
29 Trebek of "Jeopardy!"

- 31 Mare's offspring  
32 Diminishes  
33 Sea eagle  
34 Do another hitch (hyph.)  
36 Chops down  
38 A Vanderbilt  
40 Study hard  
41 Curved entrance  
43 Slices  
44 Sticker  
45 Desert bloomer

- 46 Alarm  
47 Large antelope  
48 Hen  
50 Billions of years  
51 Faucet problem  
52 Ounce fraction  
53 Raison d' —  
54 History question  
56 Tiny  
57 Be billed

Horoscope

♊ Pisces Feb. 20-March 20. Unless you plan very carefully, you may have little to show for your effort — regardless of how hard you work. You wouldn't plan to build a bridge without a blueprint, would you?

♈ Aries March 21-April 19. You're likely to get an opportunity to show someone important that you're willing to stand behind him or her even if others aren't. Don't miss this boat.

♉ Taurus April 20-May 20. Unless you are extremely prudent, it's not likely to be one of your better days for buying or selling anything — mostly because you'll be indifferent.

♊ Gemini May 21-June 20. If you hope to win the confidence and respect of your friends,

you'll need to have the courage to speak out for the things you believe in. However, do so in a respectful manner.

♋ Cancer June 21-July 22. Be careful about usurping an associate's ideas. Chances are you could easily miss the most important point and lose the message in the translation.

♌ Leo July 23-Aug. 22. There is a strong chance that something that looks good on paper might not work too well in reality. Before getting too deeply involved, study the matter much more carefully.

♍ Virgo Aug. 23-Sept. 22. You'll encounter far less opposition if you do what needs to be done without calling any attention to yourself. It's OK to aim high, but do so behind closed doors or in the shadows.

♎ Libra Sept. 23-Oct. 23. If an old, trusted friend tells you

something in confidence that he or she doesn't want revealed to others, make sure this person's trust is justified — abide by his or her wishes.

♏ Scorpio Oct. 24-Nov. 22. Falling short of your mark might be traceable to your methods and not to the nature of the project itself. Working hard is part of the solution, but you must be smart as well.

♐ Sagittarius Nov. 23-Dec. 21. Wishful thinking will lead to repeating an old mistake, even if you know better. It's foolish to believe that doing the same thing could lead to a totally different conclusion.

♑ Capricorn Dec. 22-Jan. 19. Certain things you should be taking care of personally you might unwisely delegate to others. Unfortunately, no matter how hard they try, their performance won't be up to your

standards.

♒ Aquarius Jan. 20-Feb. 19. When negotiating an important agreement, know what you're getting into and be mindful of the small details — especially if you know that you'll be held to exacting terms.

BERNICE BEDE OSOL

Solution to weekend's crossword



Letters

Dogs are cute, but they aren't human

RE: "THE FAMILY PET IS AS AS VALUABLE AS YOUR KID" (METRO, FEB. 22-24) What is wrong with people nowadays? The pet is nowhere near equal to kids. And if you believe so, you are just as insane as McCready. If a gunman said only one shall live — bye-bye, Fido. We can get another.

WILLIAM BUTLER, VIA E-MAIL

I have had and enjoyed dogs and cats over the years. They should be treated with kindness. I have no problem locking

"The most positive element of the USDA and the first lady's campaign to shift from the obsolete Food Pyramid to the Myplate concept is how it puts the onus for healthy eating on each family/individual."

JOSEPH DUNLAVEY, VIA E-MAIL

up animal abusers for the criminals that they are.

However, I do not equate animals with human life. To fling this hatred on a woman so disturbed that she took her own life is more than a little shocking it's vile. Dogs and cats are not human beings!

MICHAEL WALSH, VIA E-MAIL

Paris isn't tinted with roses — that's just your glasses

RE: "BECAUSE NOTHING'S AS HEALTHY AS THE FRENCH ECONOMY" (METRO, FEB. 22-24) The letter to the editor about how well people live in France was interesting, yet flawed. Letter writer Lewis Walsh said that Americans should emulate the wonderful standard of living and overall happiness of the French. The author does not seem to be aware that in each of the past several years, working-class neighborhoods outside Paris have erupted in riots, with more than 1,000 cars set on fire to protest poor living standards and high unemployment. Unemployment in France — which is suffering from poor competitiveness and high taxes — is about 11 percent, much worse than the stubbornly high 8 percent that America has suffered during the Obama administration.

RON FALCON, VIA E-MAIL

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	6	9				2		
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1			6	5	9			

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# Granderson out with broken arm



► Granderson, Swisher and Rodriguez accounted for 35 percent of the team's homers last season.

GETTY IMAGES

The Yankees were dealt a crushing blow to already questionable offense yesterday.

Curtis Granderson was hit by a pitch from Toronto's J.A. Happ in his first at-bat in Sunday's spring training game and suffered a fractured right forearm. The injury will not require surgery, but he will be out about 10 weeks. That timetable means Granderson will be out until mid-May.

## Next batter up?

The Yankees have very few options to replace the injured Granderson.

► **Within:** Melky Mesa and Zoilo Almonte both have limited experience. Infielder Eduardo Nunez is also an option.

► **Outside:** Former Yankee Alfonso Soriano might be available in a trade.

"It's just a little bump in the road," Granderson said. "It's definitely not the end of everything."

The Yankees were counting on Granderson to provide power for a lineup which lost Nick Swisher and his 24 home runs from last year to free agency. They will also be without Alex Rodriguez, who will miss at least the first half of the season after offseason hip surgery.

● MARK OSBORNE

# Knicks pull out win, end streak

- Gritty defense, feisty 'Melo stop skid at four
- Chandler cleans glass, Stoudemire scores 22

The Knicks needed to flex some muscle as they entered last night's game on a four-game skid, so leave it to defensive anchor Tyson Chandler to lead the way.

The Knicks got off the schneid with a 99-93 win over the 76ers.

Chandler's impact wasn't necessarily felt in the box score, as he had 14 rebounds and just five points, but it was the edge he played with all game that affected the youthful Sixers.

The Knicks (33-20) used a 28-18 advantage in the second quarter as they im-

**90** Stoudemire shot 9-of-10 (90 percent) from the field in his best performance since his return from injury.

posed their will on the Sixers (22-32), including a stretch in which the Knicks held the Sixers to 2-of-10 shooting to start the quarter.

Philadelphia managed to make a game of it in the final eight minutes of the third quarter as they used a 27-16 run to close it out and cut the deficit to single digits for the first time

since the opening quarter. It was an impressive turnaround for a Sixers team that seemed down and out until Anthony and Spencer Hawes got into a fray, resulting in double-technical. Anthony's was upgraded to a flagrant-one foul for his open-handed slap to the back of Hawes's head. Cooler heads prevailed on both sides.

Anthony led the Knicks with 29 points, while Amar'e Stoudemire had 22 off the bench.

● Tony Williams  
sports@metro.us



JESSE D. GARRABRANT/NBAE/GETTY IMAGES

► Stoudemire set a season-high with 22 points. His previous high was 21 points against the Kings on Feb. 2.

## Nets lose to Grizz on Williams miss

With 19.2 seconds left, Nets owner Mikhail Prokhorov rose from his seat in his suite high atop the Barclays Center.

Prokhorov, like many in the crowd, was anticipating a game-tying shot.

Eleven seconds later,



EMMANUEL DUNAND/AP/GETTY IMAGES

► Prince had just 11 points, but grabbed the rebound off Deron Williams's tying attempt with 30 seconds left.

his face was buried in his hands as Deron Williams's attempt fell short into Tayshaun Prince's grasp and the Nets wound up with a 76-72 loss to the Grizzlies.

The Nets dropped their second straight game with Joe Johnson watching in a suit from the bench because of a

sore left heel.

The Nets were unable to overcome Johnson's absence because Brook Lopez was ineffective in the post. He sat for the entire fourth quarter and was held to nine points while shooting 3-of-10. Williams finished with 24 points.

● LARRY FLEISHER

## In the news



## Jeter will return in two weeks

Get out your calendars and circle the day, Yankees fans. Derek Jeter will be cleared to play on March 10.

General manager Brian Cashman said the Yankee captain will be ready to play in games and prepare for the season beginning in two weeks, when there will be 19 games left before Opening Day.

"Twenty days of Derek Jeter in spring training is still better than whatever the alternative we're going to run out there," Cashman told reporters in spring training camp yesterday.

Jeter broke his ankle in the ALCS last season against the Tigers. The team was swept out of the postseason.

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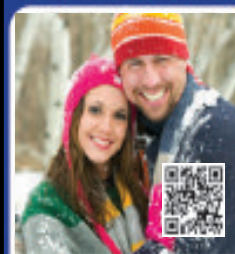
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# Johnson wins Daytona; Patrick first woman to lead, finishes in Top 10

Danica Patrick made history at the Daytona 500, but it was Jimmie Johnson who took the win.

The five-time Sprint Cup champion held off a late charge from Dale Earnhardt Jr. and Mark Martin to win his second Daytona 500 trophy.

Patrick was third behind Johnson and Greg Biffle heading into the final lap, but got shuffled back and finished eighth. It was the highest finish ever by a woman in the Daytona 500, and her five laps led were also the first by a woman.

Maybe even more surprisingly, there was no "big one" — the always expected multicar crash that has become so com-



► Johnson also won the Daytona 500 in 2006.

### Results

**Finishing order and  
number of laps led:**

- 1.) Jimmie Johnson (17)
- 2.) Dale Earnhardt Jr. (0)
- 3.) Mark Martin (0)
- 4.) Brad Keselowski (13)
- 5.) Ryan Newman (3)
- 6.) Greg Biffle (0)
- 7.) Regan Smith (1)
- 8.) Danica Patrick (5)
- 9.) Michael McDowell (0)
- 10.) J.J. Yeley (0)

mon at restrictor plate tracks. One day after 28 spectators were injured in such a crash during the Nationwide series event on Saturday, the Sprint Cup's Super Bowl went off mostly without a hitch.

The biggest crash of the day came early, as title contenders Tony Stewart and Kevin Harvick were among eight cars caught up in a melee on lap 34. They finished 41st and 42nd, respectively.

Two-time winner Matt Kenseth led the most laps (86), but finished 37th after engine troubles.

**Mark Osborne**  
mark.osborne@metro.us

## Sports in brief

### Harvey makes spring debut

**MLB.** Young ace Matt Harvey made his spring training debut for the Mets yesterday.

Harvey surrendered two hits, including a homer to former Mets prospect Fernando Martinez, over two innings. Harvey, who is expected to be the team's No. 4 starter, said after the game that he was generally happy with his effort but needed to work on his control.

Fellow super prospect Travid d'Arnaud also made his debut, going 0-for-3 from the seventh spot in the order.

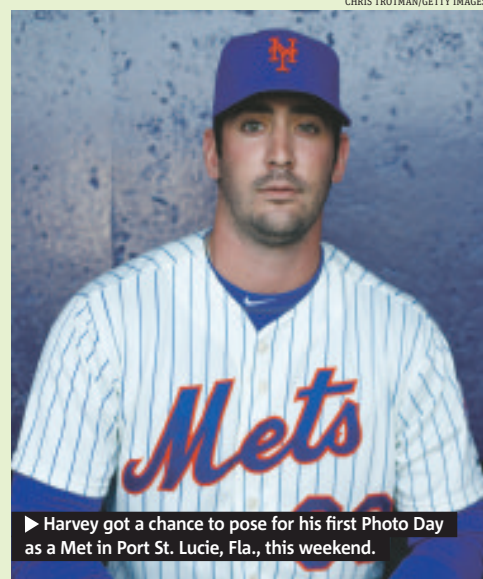
The game ended in a 7-7 tie against Houston.

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### A-Rod's cousin sells title ring

**MLB.** Alex Rodriguez just can't find a friend — even when he's part of his own family.

Yuri Sucart, the infamous cousin the Yankees third baseman indicated as his steroid supplier when



► Harvey got a chance to pose for his first Photo Day as a Met in Port St. Lucie, Fla., this weekend.

**5K** The opening bid for a replica of Rodriguez's ring will be \$5,000 at Goldinauctions.com.

he played for the Rangers, is auctioning off a 2009 World Series ring given to him by Rodriguez, according to the Daily News.

Rodriguez paid for the replica to be made and gave them to several friends and family members. The ring is up for auction online for a starting bid of \$5,000. ● **METRO**

### St. John's loses to No. 20 Pitt

**NCAA.** St. John's blew a chance to earn a quality win, losing 63-47 to No. 20 Pittsburgh at the Garden.

The Red Storm (16-11) are currently on the tournament bubble, according to most projections.

Leading scorer D'Angelo Harrison struggled all game, shooting 1-of-12 and finishing with six points.

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ARVERNE APARTMENTS Studio - 5 BR's from \$702. Call 888-635-6948 [www.arverneapartments.com](http://www.arverneapartments.com)  
Far Rockaway Wavecrest Apts from \$870 - NO FEE! Call 646-810-4993 [www.RENTWAVECREST.com](http://www.RENTWAVECREST.com)  
QUEENS VILLAGE - Immaculate 3 BR, 1.5 bths, LR, DR, EIK, hwd flrs. Near trans & shops. \$1750/mo. 1 mo sec 1 mo rent. Owner 718-464-5532  
Springfield Gardens/St. Albans Lg 1st flr 1 br Garden apt \$1150, 2 br 1400, 1 br \$950, 3 brs \$1750, 3 br, house rental \$2500. Agent Sonia 347-426-7242  
\* YONKERS APT AVAILABLE. HEAT & HOT WATER INCL. OWNER 718-729-3461

**Apartment**  
Far Rockaway- Baywater- Grdn style apts quiet resid area Nr shops, trans, beach. Rent stabd Spac, newly renov kit. 1 BR \$1025. 1st mo rent free. Agt 718-657-1085  
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**Legal Notices**

**NOTICE OF INFORMATION**  
of Lucky Adult Day Care Center, LLC. Art. of Org. filed with the Secy. of State of New York (SSNY) on 01/15/2013. Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o Jessie Tan, 7607 18th Avenue, Brooklyn, NY 11214 Purpose: any lawful activity.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1268414 for On-premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 37-14 Main Street, Flushing, NY 11354 for on premises consumption. Feng Mao BBQ Restaurant Corp.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1268486 for On-premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar under the Alcoholic Beverage Control Law at 161-18 Northern Blvd, Flushing, NY 11358 for on premises consumption. Xinghui Group Inc.

**NOTICE IS HEREBY GIVEN**  
that a license, Number 1268495 for Restaurant has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 39-41 East Broadway, New York, NY 10002 for on premises consumption. Golden Sand Seafood Restaurant Inc.

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### Miscellaneous

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**FRONT DESK GUARDS** W/dl St. location, no exp necessary. Pay up to \$13.25 per hour. Call Lt. Kelly: 347-246-9305

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**ACCESS GLOBAL SECURITY** FT ONLY. Must be avail to start asap. Starting Pay \$12.25/hr. Contact HR: 917-618-8801

### Transportation / Travel

**Driver (Tractor Trailer)** 15 Positions Immediately



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Responsible for delivering products to customers. Loads and unloads the truck in a safe and timely manner according to UNFI procedures. Minimizes delays and reports problems. Picks up supplies and back-hauls from vendors.

**Duties/ Responsibilities:** 1. Performs pre and post trip inspections of vehicle utilizing knowledge of safe and effective loading and handling procedures. Reviews paperwork for completeness and accuracy. Checks orders for correct number of boxes, correct addresses, and support documentation.

2. Completes time cards, on-board computer and completes paper logs if necessary. Complies with FMCSA regulations.

3. Delivers and unloads products utilizing equipment including tractor trailer, ramps, lift gates, pallet jacks, load bars and other devices which assist delivery. Verifies piece count, leaves the appropriate paperwork and secures the required signatures and store stamps (when applicable) on delivery documents.

4. Operates vehicle safely within UNFI guidelines minimizing accidents, traffic violations and complaints from the public.

5. Reports any accident immediately to the Transportation Manager/Department.

6. Keeps vehicles well maintained, safe, and secure. Reports any defects promptly using DCVR form.

7. Picks up supplies and back hauls from vendors. Completes related paperwork.

8. Addresses and resolves customer problems as appropriate.

9. Attends mandatory drivers meetings, training or administrative sessions as required.

10. Maintains the Company's professional reputation to customers, the public and company employees. Projects professional image by dressing in company provided clothing.

11. Assumes other related duties as required or assigned.

**Requirements/ Skills:** High School Diploma or GED Equivalent. Valid medical card as prescribed by the Federal Motor Carrier Administration and a valid state specific Commercial Drivers License, Class A.

Ability to pass a written exam and road test. Basic knowledge of D.O.T. laws and mandates. Understanding of UNFI's safety standards. Prefer minimum of one year verified experience operating a tractor trailer.

Must be 21 years of age. Ability to speak, read and write English well. Safe driving skills, ability to drive large tractor trailers and ability to use forklifts and related delivery equipment.

Ability to read maps and written directions. Ability to pass a post-offer employment physical and drug test and subsequent enrollment in a random pool of drivers for drug and alcohol testing as required by law. Strong interpersonal, communication, organizational and customer service skills. Full Time, Permanent, hourly.

### Transportation / Travel

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### Miscellaneous

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### Business Opportunities

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# Frequent BATHROOM TRIPS? Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a prostate issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA*

■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



## Blood Pressure Formulation

**Dr. C. Hammoud M. H., PhD,** recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. "A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. \*A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. \*We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. \*Achieve your balance and maintain your balance and a healthy range."

#26

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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**Dr. C. Hammoud, Master Herbalist, PhD,** guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. \*This makes sense. Usually you can see how it benefits your skin within days. \*Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.



■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

## SNORING?

**As recommended by Dr. Gifford-Jones M. D.**

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**